

# *Our Red Sea Community*

October 6, 2009

Vol. 1, No. 1

## **BREAKING**



### **NEWS:**

- ✦ The ECC is the temporary home of both a public library and children's + female adults' fitness classes. Visit them both soon.
- ✦ As of September 23, 2009, KAUST is the name of both a new university and a new little girl. They were both born on the same date, though one happened in Thuwal and the other in Riyadh.
- ✦ A puddle of plain vinegar + wait time = removal or lightening of stains from marble.



## **The Premier Issue**

First, I would like to thank all of you who have urged me on as I pursue helping everyone make KAUST a pleasantly functioning and well-connected community in which we live.

Your offers to help me in various ways (especially with news to know) are needed and appreciated.

As you can see from the "WHAT's INSIDE?" list, there are plenty of topics for which help and information are needed and beginning to be provided. Other newsletter issues will have other topics, so suggestions along with information or questions are also invited.

## **WHAT's INSIDE?**

- ✦ V.I.P.s: Interviews and stories
- ✦ News to Know
- ✦ What's Cookin' ?
- ✦ Scheduling
- ✦ Words' worth
- ✦ Setting up a family visit
- ✦ Pet- childcare help
- ✦ Abha – a "cool" mountain destination
- ✦ A few phone numbers
- ✦ Marine life
- ✦ *Potpourri* - photos

**Enjoy !**

Brought to you by:

Adele Sanders & many other  
KAUSTies

Have you seen me?



Don't forget to say "hi" next time you're in Tamimi.  
We're no longer strangers!

**This V.I.P.** has been working at KAUST since July.

**P.C. John**, the manager of Tamimi Market, has been a Kingdom resident for 29 years and has worked for the Tamimi Market chain about that long. Did you notice the big red **S** on his windows representing the Safeway Food Market chain from the U.S? They have a partnership with Tamimi.

Need to ask about a product? **CALL 802-4038.**

Can't make it to the store yourself? **A Home Delivery Service is expected to begin by the end of October.**

5 Questions and a Tidbit:

**What is your name?**

**Mahmoud Dimassi**

**When did you move here and from where?**

**Saida (Sidon), Lebanon; August 15, 2009**

**Why did you join KAUST?**

**I graduated from Lebanon International University in Hospitality & Tourism and am using what I learned as a member of the Meet + Greet Welcome Team at KAUST. I enjoy helping the new people who come.**

**How do you spend most of your time?**

**I like to play tennis and listen to soft music like Celine Dion and Mariah Carey when I'm not working, but work takes up most of my time. I don't leave directly at 5 pm (17.00) because there is always more work to do. I like what I do.**

**What was your first impression of KAUST?**

**This is a BIG community. Such a community needs people to be responsible for handling their positions in good, effective and professional ways.**

**Something original about yourself :**

**I am a transparent person, I am honest and can be trusted. Also, I like to shop.**



See Mahmoud Dimassi at the Island ECC

**News to Know**

**Did you know** that there is now a travel agency available for business and pleasure travel arrangements? Call the KAUST Travel Help Desk at 808-5444, between 8.00 and 17:00, or send an email to [travel@kaust.edu.sa](mailto:travel@kaust.edu.sa) or [wael.telmesani@kaust.edu.sa](mailto:wael.telmesani@kaust.edu.sa)

**Did you know** that car rental can be arranged through HANCO? Contact Tanveer Hanafi at [transportation@kaust.edu.sa](mailto:transportation@kaust.edu.sa) or 0556248432. Car rental prices start at 85 SAR/day.

**Did you know** that the month of **November** is going to be an **especially exciting** one at KAUST? **Several** of our community venues will be opening. See updates in our future issues.

## What's Cookin' ?



FROM:  
An issue  
of USA  
Weekend

### Oh So YUMMY ! Pasta with Tomatoes, Green Beans & Feta (serves 4)

Preparation: 15-20 minutes. Cooking time: 10-15 minutes.

- |  |   |
|--|---|
| 1 ½ lbs ripe tomatoes, seeded and diced                  | 2 Tbsp chopped chives (green onions)            |
| 2 garlic cloves, minced or pressed                       | 1 Tbsp slivered or chopped basil or mint        |
| 1 tsp salt for the pasta water; salt and pepper to taste | 2 ounces feta cheese, crumbled (1/2 Cup)        |
| 1-2 Tbsp olive oil (or more)                             | ½ lb green beans, trimmed, broken in 1/2        |
| 1-2 tsp balsamic vinegar (or more – or none)             | ¾ lb pasta (fusilli, rigatoni, penne, farfalle) |

**Boil** large pot of water with 1 tsp. salt. While water heats, **toss** tomatoes with garlic, salt, pepper, oil, herbs and vinegar (if using) in a bowl. **Add** feta and let sit at room temp. 15 minutes or longer. **Taste** and adjust seasonings.

**Add** pasta to boiling water. **Cook** 5 minutes. **Add** beans and keep cooking until pasta is firm to the bite (*al dente*). **Drain**, **toss** with tomato mixture and **serve**.

**NOTE:** Tomato mixture without herbs can be made hrs ahead. Hold in or out of the refrigerator, but bring to room temp. before adding herbs and tossing with cooked pasta.



## What's On? What's Coming? DON'T FORGET !

**FITNESS:** Island Oasis/ECC – Come exercise. There is a fitness program **every day but**

**Wednesdays.** [NOTES: Creative Movement, **3-5 yr. olds**; Beginner Jazz, **kids 6-8**;

Intermediate Jazz, **kids 8-16**; **ALL** other programs are offered for females/WOMEN; program times are shown below, class descriptions are available at the Reception Desk in the ECC.]

	1:30–2:00 pm	2:30–3:15 pm	3:00-4:00 pm	4:00-5:00 pm	6:00-7:00 pm	7:00-:45/7:45-8:30 p
Saturday					Pilates	
Sunday				Intermed. Jazz	AB Blast -6:30	Stab.Ball/Lwr Body
Monday		Creative Mov.		Begin. Jazz	Pilates	
Tuesday				Intermed. Jazz	ABs -6:30	Lower Body
Thursday	AB Blast		Intermed. Jazz		Stability Ball -6:30	Lower Body
Friday	Stability Ball		Begin. Jazz		Pilates	Abs 7:15 -7:45

Be on the lookout for **Opening Dates** for the following much-awaited venues:

SAMBA Bank	Post Office
Big Supermarket	Sit-down Restaurant(s)
Community Library	Recreation Center
Daytime Jeddah Bus Service	Hairdressers – men and women (and children)
Visits by a bicycle shop guy and a veterinarian	

### **Words'worth:**

#### **Arabic proverb:**

إذا رجعت من سفر قدم لاهلك ولو حجر.

If you come back from a journey, offer your family (something) though it be only a stone.

### **Setting up a Family**

#### **Visit:**

**Plan ahead** and make sure you have the following documents for Government Affairs to issue an **Approval Visa and Number:**

1. Family Visitor Form
2. Copy of visitor's birth certif.
3. Copy of visitor's passport (in color)
4. KAUST employee's salary certificate in color (on portal from HR)
5. Copy of IQAMA (both, if employee is not the relative)
6. Proof of relationship to visitor
7. Based on your relationship to the visitor, **CHECK** with Government Affairs ([gasc@kaust.edu.sa](mailto:gasc@kaust.edu.sa)) to make sure your situation/visitor doesn't require something more (e.g., my last name and my daughter's are different, so I had to provide a copy of my birth certificate as proof I'm her mother).

Once the approval is issued, the visitor's actual passport and a completed Visitor to the Kingdom of Saudi Arabia visa form must be sent with a colored paper copy of this KAUST approval visa to a Saudi Embassy.



**Trying to get away** but your "little one(s)" can't stay home alone? Whether human or pet "little ones", there are many KAUSTies in this same situation.

**If you email me** your needs (i.e., pet- or childcare) and KAUST address/phone, I will create 2 lists. Then, the appropriate list will be sent out only to those on the list with those needs and it will be up to you to arrange the exchange of services.

### **ABHA in the SW region of Saudi Arabia**

Its location at an altitude of 7200 ft (2200 metres) makes Abha a "cool" place to visit, any time of year. The mud and stone houses, some dating back 300 years, are still inhabited. Considered a growing tourist destination, the Saudi Tourist Bureau has installed cable cars to take visitors up the mountain for great views and has organized an annual, month-long festival (which just ended Sept. 25). Abha also has a daily market where all kinds of treats can be purchased. Shadda Palace, built around 1820 and now serving as a museum, contributes to the diversity of this old mountain town.

### **Place / Phone / Details**

#### **Clinic / 808 – 4444**

Sa-We=08:00-16:00

Thur. =08:00-12:00

Fri. =closed

Emergency = 24 / 7

#### **Tamimi Mkt. / 802 – 4038**

Daily =07:00-01:00

#### **Pizza Inn / 802 – 4035**

Daily = 14:00-24:00

#### **Quizno's / 802 - 40**

Daily = 09:00-24:00

#### **Spices / 802 – 4031**

Daily =11:30-21:00

#### **Burger King / 802 - 4032**

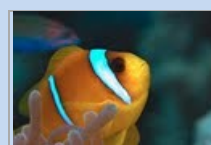
Daily =13:00-23:00

#### **Shoro / 802-4036**

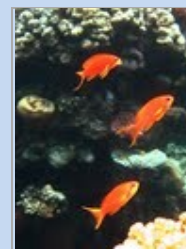
Daily = 16:00-23:00

### **Michael Berumen and Mae**

Noble at our marina are eager to introduce you to some of our other **Red Sea** area neighbors.



The water



feels



**GREAT!**





Happiness was an EID celebration



BBQ in the Park



Let's Meet Again on October 20th

for Issue #2